

B	I	N	G	O
Try a new fruit/vegetable	10000 steps this week	Eat fruit for dessert	Put down the salt shaker	Have lunch outside
Create your own healthy challenge	Take the stairs	Meditate for a few minutes each day.	Be positive	Perform a random act of kindness
Take a walk	Watch a sunrise/sunset	FREE	Chew food slowly	Exercise a little each day
Get up and move every hour for 5 mins	Sub honey for sweeteners	Go vegetarian for 5 meals	Eat one piece of chocolate daily	Laugh out loud once a day
Eat ice cream one day this week	Cook at home 3x	Park further away from the door	Write down three things you feel grateful for daily	Ditch sugar guzzle water

B	I	N	G	O
Watch a sunrise/sunset	Be positive	Put down the salt shaker	Create your own healthy challenge	Meditate for a few minutes each day.
Eat fruit for dessert	Write down three things you feel grateful for daily	Have lunch outside	Cook at home 3x	Perform a random act of kindness
Get up and move every hour for 5 mins	Chew food slowly	FREE	Exercise a little each day	10000 steps this week
Eat one piece of chocolate daily	Park further away from the door	Try a new fruit/vegetable	Ditch sugar guzzle water	Sub honey for sweeteners
Go vegetarian for 5 meals	Laugh out loud once a day	Take a walk	Take the stairs	Eat ice cream one day this week

B	I	N	G	O
Cook at home 3x	Park further away from the door	Be positive	Laugh out loud once a day	Chew food slowly
Try a new fruit/vegetable	Get up and move every hour for 5 mins	Go vegetarian for 5 meals	Take the stairs	Have lunch outside
Take a walk	Ditch sugar guzzle water	FREE	Sub honey for sweeteners	Eat one piece of chocolate daily
Watch a sunrise/sunset	Perform a random act of kindness	Put down the salt shaker	Write down three things you feel grateful for daily	Eat fruit for dessert
Exercise a little each day	10000 steps this week	Meditate for a few minutes each day.	Create your own healthy challenge	Eat ice cream one day this week